

**Strong Bonds** is a chaplain-led and family programs supported event for Soldiers, Airmen and their families. Strong Bonds includes several curriculum for married couples, singles and families including the following: Active Relationships; Couples Communication; Laugh Your Way to a Better Marriage; LINKS (Lasting Intimacy through Nurturing, Knowledge and Skills); PREP (Prevention and Relationship Enhancement Program); 5 Love Languages; 8 Habits of Highly Successful Marriages; Survival Skills for Healthy Families; Seven Habits of Highly Successful Families; PICK (Premarital Interpersonal Choices and Knowledge); and several specialized programs for deployed and redeployed Guard families.



Strong Bonds empowers Soldiers and Airmen and their loved ones with relationship-building skills, and connects them to community health and support resources. It is a holistic, preventative program committed to the restoration and preservation of Guard families, even those near crisis. The program is initiated and led by the Chaplains. More than 90% of those who have attended the program rate it positively.

With Strong Bonds, participants not only bond with their loved ones. They bond with other Guard families, chaplains and the military community as a whole. In turn, our Soldiers and Airmen realize that they're not in this alone. They have the entire Guard family for support, both on duty and off. Go to the Strong Bonds website at [www.strongbonds.org](http://www.strongbonds.org) to learn more.

### ***Strong Bonds Workshop Schedule for 2011***

***PREP for Married Couples  
and an Introduction to Financial Peace University***

**6-7 November 2010 in Watertown**

Prevention and Relationship Enhancement Program (PREP) is a skills based program that teaches couples how to communicate effectively, work as a team to solve problems, manage conflicts without damaging closeness and preserve and enhance love, commitment and friendship. Go to [www.prepinc.com](http://www.prepinc.com) for more information.

Financial Peace University is a program authored by Dave Ramsey. It is a life-changing program that teaches you how to make the right decisions with your money. You'll be empowered with the practical skills and confidence needed to achieve your financial goals and experience true financial peace! A one hour introduction will be shown and participants will receive "The Complete Money Makeover" by Dave Ramsey to get started on their money makeover. Check out [www.daveramsey.com/fpu/military/](http://www.daveramsey.com/fpu/military/) for details.

## *Survival Skills for Healthy Families*

**22-23 January 2011 in Rapid City**

Survival Skills for Healthy Families is education for families, including children ages 7 and up, with the following sessions: Parents in Healthy Families; Children in Healthy Families; Adult Relationships-Couples in Healthy Families; As Children Grow-Change in Healthy Families; Solving Family Problems; and Sex, Drugs, and You-Passing on Your Values to Your Children. Each session is organized around practical guidelines for healthy family interactions, which are demonstrated and then practiced with the participants. Onsite childcare is available for children younger than 7. Go to [www.familywellness.com](http://www.familywellness.com) for additional information.

## *Laugh Your Way to a Better Marriage and an Introduction to Financial Peace University*

**12-13 March 2011 in Sioux Falls**

“Laugh Your Way to a Better Marriage” is video-based education aimed at helping couples get it right, get along, have fun, and achieve a successful marriage. “Laugh Your Way” author Mark Gungor’s candid and comedic approach uses unforgettable illustrations to teach proven principles that are guaranteed to strengthen any marriage. Check out [www.laughyourway.com](http://www.laughyourway.com) for additional details.

See the Financial Peace University description above.

## *PICK and Financial Peace for Singles*

**12-13 March 2011 in Sioux Falls**

Premarital Interpersonal Choices and Knowledge (PICK), also known as *How To Avoid Falling for a Jerk(ette)*, teaches a way to build a healthy relationship that keeps the head and heart working together. This program is designed to provide singles and singles-again of all ages with a plan for *pacing a relationship* and *exploring the key areas* that foreshadow what that partner will be like in marriage. Check out [www.nojerks.com](http://www.nojerks.com) for more information.

See the Financial Peace University description above.

## *Laugh Your Way to a Better Marriage and an Introduction to Financial Peace University*

**6-7 August 2011 in Chamberlain**

Have you ever heard the expression, “marriage is a lot of work”? Come find out what the ‘work’ of marriage is and laugh while you do it. See the descriptions above for more information.

## *PICK and Financial Peace for Singles*

**6-7 August 2011 in Chamberlain**

PICK is for singles and singles-again of all ages. Think of it as a recon for the heart. Check out the descriptions above for additional details.

## ***Questions many families have about Strong Bonds***



***We can't attend one of the scheduled events.  
How else can we get this training?***

Check with your Battalion or Wing Chaplain. We have the ability to schedule additional events. We can bring the training to your unit or wing. Strong Bonds events will be planned in conjunction with Yellow Ribbon events.

***Will we be expected to tell a bunch of strangers what our problems are?***

No. Strong Bonds is not group therapy. It is an opportunity to learn communication and other skills that work in dating, marriage and families. It's not necessary to share short-falls with the group. Your confidentiality is important and will be protected. Workbooks and time are provided to allow participants (individually and together) to explore their expectations, issues and beliefs that can greatly affect their relationships and families.

***Is this a religious program?***

No. No particular denominational teachings are included in the Strong Bonds workshop.

***Our budget is tight and we're not sure we can afford a weekend away.***

Military members may request attending in a split-training (pay) status. However, this decision belongs to the unit or wing commander. Such requests are the military member's responsibility. Spouses will be on Invitational Travel Authorizations for the workshop which covers reimbursement for lodging, mileage and food cost. Light snacks are provided during the workshop; however meals will be at your own expense. Reimbursement forms will be completed during the workshop. Thanks to special funding this workshop (including materials) is provided at no cost.

***Register now to ensure your spot!***

→Complete the registration form on the next page and mail it to the address indicated.

→Check us out on Facebook! Search Strong Bonds South Dakota.



## Strong Bonds 2011 Registration Form

To reserve your spot, please complete this form and:

**Mail to:** State Chaplain's Office, 2823 West Main St, Rapid City, SD 57702-8186

**OR fax to:** 605-737-6665

**OR email to:** leah.j.braun@us.army.mil

### ✓ date and location of your choice

_____ November 6-7, 2010	PREP & Financial Peace for Married	Watertown
_____ January 22-23, 2011	Survival Skills for Healthy Families	Rapid City
_____ March 12-13, 2011	Laugh & Financial Peace for Married	Sioux Falls
_____ March 12-13, 2011	PICK & Financial Peace for Singles	Sioux Falls
_____ August 6-7, 2011	Laugh & Financial Peace for Married	Chamberlain
_____ August 6-7, 2011	PICK & Financial Peace for Singles	Chamberlain

Registration Deadline: As soon as possible for planning purposes

~Room reservation deadlines are 2 weeks prior to workshop~

Service Member's Name and Rank \_\_\_\_\_

Spouse's Name \_\_\_\_\_

Spouse's SSN # \_\_\_\_\_ **For security reasons, if you are faxing or emailing this registration, please call the SSN in to 605-737-6658. (SSN required for travel orders to cover lodging, mileage, and per diem costs.)**

If you are both military members which one will be on travel orders in a non-military status?

\_\_\_\_\_ (If you are both AGR, please call)

Mailing Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Your Phone ( ) \_\_\_\_\_ Your e-mail \_\_\_\_\_

Spouse's Phone ( ) \_\_\_\_\_ Spouse's email \_\_\_\_\_

Your Military Unit \_\_\_\_\_

Round-Trip mileage from home to workshop location \_\_\_\_\_

*A follow up letter confirming your registration and further details will be sent to you upon receipt of this registration.*